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ABSTRACT

This workbook, the first of a series in consumer education, is to be used in adult English as a Second Language (ESL) classes. In addition to textual material, each chapter has pen-and-ink drawings and exercises to be used to check comprehension and build vocabulary. (AMH)

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# Survival at the Supermarket

by

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*ST. PAUL, MINNESOTA*

# Survival at the Supermarket

**WORKBOOKS IN THIS SERIES:**

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**SURVIVAL AT THE SUPERMARKET**

**DRESS FOR LESS**

**REPAIRS WITHOUT RIP-OFFS**

**SO YOU WANT TO BUY A CAR?**

**BUYING ON CREDIT**

For Survival at the Supermarket:
International Standard Book Number: 0-88436-503-4

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# Contents


INTRODUCTION ..... 5

CHAPTER ONE YOUR SHOPPING HABITS ..... 9

CHAPTER TWO READ ADS AND SAVE MONEY ..... 16

CHAPTER THREE LEARNING FROM LABELS ..... 21

CHAPTER FOUR SHOPPING TIPS ..... 26

CHAPTER FIVE BEFORE YOU GO TO THE STORE ..... 29

**CHECK THIS WORD BOX. ARE YOU A SMART SHOPPER? DO YOU ALREADY KNOW THESE WORDS?**

## SMART SHOPPER WORD BOX

| PAGE NUMBER | WORD AND HOW TO SAY IT | MEANING |
|---|---|---|
| 5 | plan (plăn ) | to work something out ahead of time |
| 5 | menu (MĔN ū ) | a list of food served at a meal |
| 6 | snack (snăck) | food eaten between meals — may be fruit, nuts or "junk food" |
| 6 | coupon (KO͞O pŏn) | a part of a ticket or ad that gives you money off the price of a product when you buy it at the store |
| 7 | compare (kŏm PAIR) | to look for the difference between things |
| 7 | unit pricing (ū̆ nĭt PRĪC ing) | giving the price for one unit of the size or measure something is being sold in |
| 13 | produce (PRŌ dūce ) | fresh vegetables and fruit |
| 17 | abbreviation (ăb BRĒ vē Ā shŭn) | a short form of a written word |
| 21 | manufacturer (măn ū FĂC tŭr er) | a person or company that makes something |
| 21 | distributor (dĭs TRĬB ū tor) | person or company that sells and ships a product to stores |
| 21 | ingredients (in GRĒD ē ent) | something that goes into making something |
| 21 | nutrition (nū TRĬ shŭn) | the taking in or eating of foods to stay alive and healthy |

# Introduction

**BE A WISE SHOPPER . . .**

Shopping for food is important. You have to eat good, healthy meals to stay well. And the price of food is sometimes high.

Wise shoppers plan before they shop for food. They plan their menu for the week ahead.

Wise shoppers plan meals that will be healthy. Wise shoppers plan meals that will taste good, too. . . .

Read this story about what happened when Jim did the shopping. What do you think went wrong?

BE A WISE SHOPPER!
WHO NEEDS A SHOPPING LIST? I CAN REMEMBER WHAT ALICE WANTED. COTTAGE CHEESE, HAMBURGER MEAT ER...UH..OH-OH!..AW HECK, FOOD IS FOOD! LET'S SEE NOW... COOKIES!... CHIPS!..SNACKS!..POPCORN....
LATER..
OH, JIM! WHY DID YOU BUY ALL THIS JUNK FOOD STUFF? NONE OF IT WAS ON THE SHOPPING LIST. YOU ONLY REMEMBERED TWO THINGS... AND LOOK AT ALL THE MONEY YOU SPENT!
JIM, I PLAN OUR MEALS WHEN I SHOP. LOOK HONEY, I KNOW YOU MEANT WELL AND WERE TRYING TO HELP... BUT NEXT TIME LET ME DO THE SHOPPING..OKAY?
OH, OKAY.
SAY! CAN I RIDE IN THE CART!

Circle the best way to finish each sentence about Jim and Alice:

1. Alice is not angry with Jim because
   a. he got lots of snacks
   b. he got tomato sauce on sale
   c. he wanted to help but didn't know what to do
2. Using a shopping list was
   a. very important to Jim
   b. a waste of time for Jim
   c. something Jim always liked to do
3. Jim did the shopping
   a. in a hurry
   b. carefully
   c. two times
4. Jim did get
   a. some things they needed
   b. things on sale
   c. things with coupons
5. Jim went to the store
   a. without planning
   b. close to his house
   c. because he was hungry

**Think about the things Jim did when he went shopping. Have you ever done those things yourself? What kind of shopping habits do you have?**

**WHAT ARE YOUR FOOD-SHOPPING HABITS?**

Read the sentences below. Put an X in front of each sentence that tells what you usually do. If you have questions about some of the words, circle them. Come back to them when you have finished this workbook.

____ I shop for food once a week.

____ I plan meals before I shop.

____ I take a shopping list to the store.

____ I buy many things I had not planned to buy.

____ I always shop at the same store.

____ I shop at the store closest to me.

____ I compare prices at different stores.

____ I shop at the store that has the lowest prices.

____ I read newspaper ads for food.

____ I listen to ads on the radio by grocery stores.

____ I use coupons to buy things at the grocery store.

____ I read labels on food packages.

____ I usually buy food that is on sale.

____ I check dates on packages to see if food is fresh.

____ I use unit pricing.

____ I compare prices of different brands.

____ I buy more name-brand foods than store-brands.

____ I think about whether a food is good for me before I buy it.

____ I return food that is not fresh.

____ I buy a lot of food that is ready-to-eat or almost ready-to-eat.

____ I spend about the same amount of money on groceries each week.

____ I often shop when I am hungry or tired.

____ I watch the cashier at the checkout counter.

Remember your answers as you complete this workbook.

**WISE SHOPPER DO'S AND DON'TS**

Write DO or DON'T at the beginning of each sentence so that it tells what you think a wise shopper should do.

1. _____ use a shopping list.
2. _____ look at the sell-by date on the food.
3. _____ use coupons for something you don't need.
4. _____ shop when you are hungry.
5. _____ look at foods on the bottom shelves.
6. _____ ask for a rain check if the store runs out of something on special.
7. _____ check your bill when you get home.
8. _____ shop at the store nearest you.
9. _____ buy lots of food that is ready-to-eat.
10. _____ shop for food every day.

---

**Smart Shopper WORD BOX**

menu snacks coupons compare rain check weekly

---

Use the words in the box to fill in the blanks.

1. When you plan your meal you make a _____ .
2. Do not do it meekly. Plan your menu _____ .
3. Wise shoppers must beware. When they shop they always _____ .

# Chapter 1

## YOUR SHOPPING HABITS

Some people are smart shoppers. Some are not so smart. Some shopping habits are good. Some shopping habits are bad.

What kind of shopping habits do you have? What do you do to save money when you shop? If you answered "nothing" you may be surprised at all the things that help save money. You may be surprised at the ways you can plan good meals and save money too.

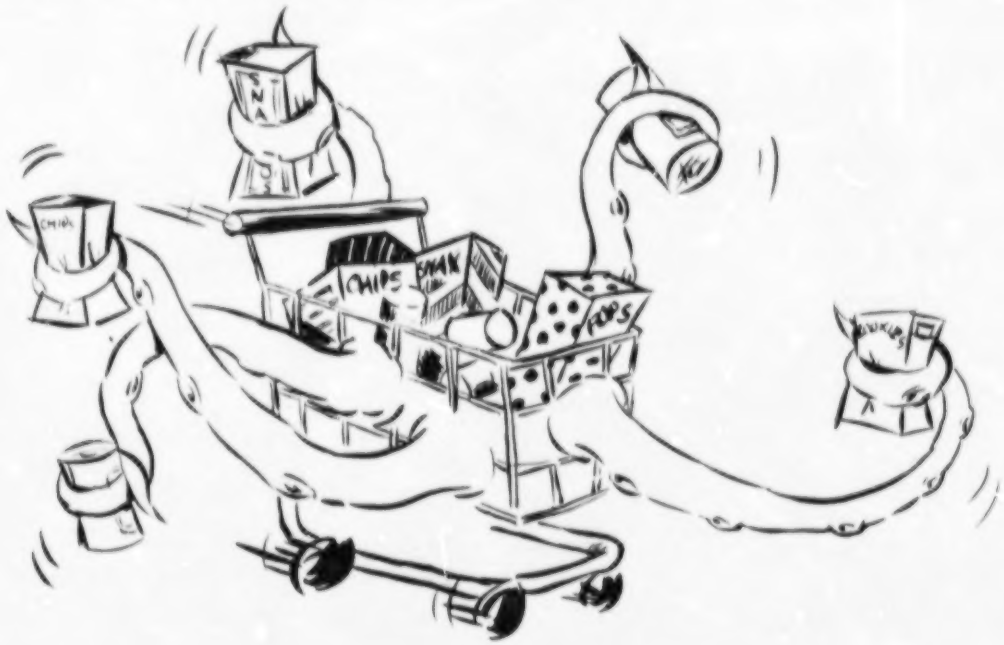
## WISE SHOPPERS ARE PLANNERS

Do you know these words? Knowing them can help you with your shopping.

*plan* — to think ahead about something — to work it out before you need to do or use it.

Things that wise shoppers *plan:*

- a *menu* — that is the food they will have at a meal. Wise shoppers plan a *weekly menu.*
- a *shopping list* — wise shoppers use their *weekly menu* to plan their shopping list.



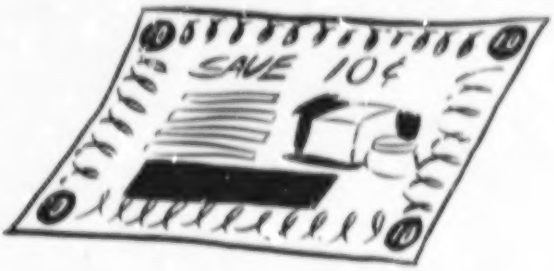
## PLAN YOUR MENU AND SAVE

Here are some things that will help you plan your menu:

- *newspaper ads* — food stores put information in the newspaper about what they have to sell. This information is called ads. Sometimes stores have sales and specials on food. It is good to read the ads to see what is on sale.

  It is good to read the ads for more than one store. *Read the ads before you plan your menu.*

- *coupons* — part of a ticket or ad that gives you money off of something. Using *coupons* when you shop can help you save money. Some coupons will give you 10¢ off or more when you buy a certain thing. Look for *coupons* in the *newspaper ads.* Look for *coupons* in magazines. Sometimes you get *coupons* in the mail. But don't use *coupons* to buy things you don't want or need.



the MILLION DOLLAR CLIPPER
or...
"CHECK THE DATE"
what's all that stuff in your cabinets?
Coupons! A million dollars worth of coupons!!!
Wow! What are you going to do with them... paper the walls?
No... I'll use them when I'm low on... c...ca... cash....
But coupons aren't good forever...
...you've got to use them before a certain date!!



12

**PLANNING PRACTICE**

How wise a shopper are you now? Answer these questions and see.

1. Wise Willette is going to go shopping. Circle the thing that she will do first:

   write a shopping list  read newspaper ads  plan weekly menu

2. Weekly means for *one week*. Daily means for *one day*. Is it wise to shop for *weekly menus* or *daily menus*?

   _____ (Write the answer on the line.)

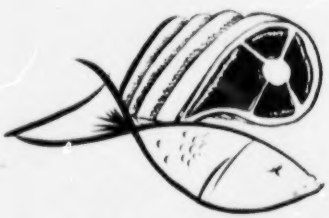
3. Circle the things that will help you make a shopping list.

   weekly menu  newspaper ads  snacks  coupons  sale food

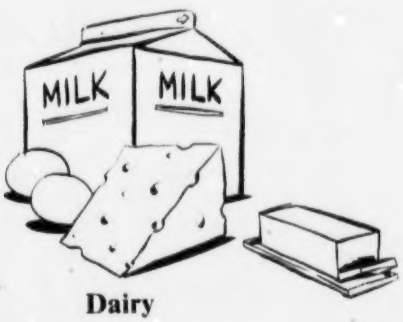
**SUPER SHOPPER SPECIAL**

Smart shoppers plan their meals. They have something from each food group:

**THE FOOD GROUPS:**



**Meat and Fish**




**Dairy**

**Vegetables and Fruit**

**Cereal and Bread**

**THE WISE SHOPPERS RHYME**

Words that rhyme sound alike. Finish the lines with words that rhyme. Use these words:

list
plan
ads

Willie Wise is what they call that *man*.
He never shops without a _____.

Says Willie, "It's right here in my hot little *fist*.
I never forget my shopping _____.

I shop for good food, not snacks or *fads*.
And I look for sales in the newspaper _____."

**SHOPPERS SEARCH**

When you plan your *menu*, have something from each food group. Find the food groups in this puzzle. Circle them.

**AADAIRYBESSTPRODUCTSMAN**

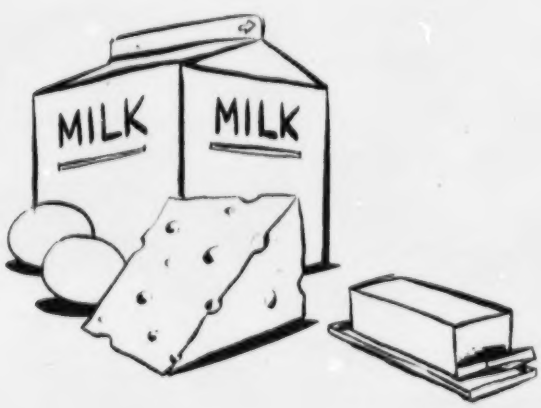
**FURNITURCERALSNBREADOVE**

**IVEGETABLESANDXFRUITSOL**

**SALTINESCARTAEMONEBOLAR**

**HIMONOWATORZSTUCORNORMA**

**MSATTODBUONUSTORIRYANDA**



1.4

**MAKE A SHOPPING LIST!**

Fill in this shopping list. Put the foods below in the right section of the grocery store.

MEATS

PRODUCE

DAIRY

FROZEN FOOD

CANNED GOODS

BREADS AND CEREALS

**FOODS:**

**Chicken**
**Cheese**
**Lettuce**
**TV Dinners**
**Soup (Canned)**
**Oatmeal**
**Frozen peas**
**Fresh green beans**
**Cream-of-Wheat**
**Hamburger meat**
**Milk**
**Eggs**
**Apples**
**Potatoes (Fresh)**
**Tuna**

## PICK A GOOD MENU

Look at the dinner menus below. Circle the days that have something from each food group.

| | | | | |
|---|---|---|---|---|
| MONDAY | chili with beans | rice | bread | coffee |
| TUESDAY | chicken | peas and carrots | bread | milk |
| WEDNESDAY | fish | cottage cheese and fruit salad | bread | tomato juice |
| THURSDAY | chili with beans | carrot salad | bread | milk |
| FRIDAY | macaroni and cheese | | bread | orange juice |

## FACTS ABOUT FOOD

* Meat and fish supply protein. This is important for keeping you healthy. To save at the supermarket, plan at least one meal a week with some high-protein food other than meat or fish. Some high-protein foods are: eggs, peanut butter, milk, beans, peas, cheese.

* Milk is important. The calcium and vitamins in milk help keep you healthy. There are some foods that you can eat that are high in calcium. Sometimes eating them instead of drinking milk can help you save at the supermarket. These high-calcium foods are cheese (especially cheddar), cottage cheese, ice milk and sardines. Add these foods to your menu to help cut down your milk bill.

* If you are on a special diet, check with your doctor before you change any of your shopping habits.

Name one food that belongs to the meat and fish group and can help you cut down your milk bill. _____

## SAVE WITH LEFT-OVERS

Some meals made of left-overs are delicious. They are good for you too. These left-over meals can help you save money.

Do you have a left-over recipe for any of these dishes?

| | | |
|---|---|---|
| soup | meat pie | gumbo |
| pancakes | casseroles | meat loaf |

*Here's an easy left-over recipe for Shepherd's Pie.*

**Ingredients:**

left-over cooked beef (ground or not), lamb or veal or all three; left-over potatoes (one or two cups); left-over carrots or other left-over vegetables; 1 egg; 1 small can of tomato paste; 1 teaspoon sugar; 1 teaspoon pepper; dash of chili pepper; 2 tablespoons water.

**What you do:**

Mix together meat, tomato paste, vegetables and spices. Spread ½ of meat in a baking dish. Add water and egg to mashed potatoes. Mix well. Spread ½ of mashed potatoes over meat in baking dish. Add another layer of meat. Top with mashed potatoes. Bake at 350° for 35-40 minutes.

What is your favorite left-over recipe? Write it in the space below:

**MY FAVORITE LEFT-OVER RECIPE**

INGREDIENTS: _____

_____

_____

_____

WHAT YOU DO: _____

_____

_____

_____

_____

**PLAN YOUR OWN WEEKLY MENU**

**DATE**

LOOK AT SOME LOCAL NEWSPAPER ADS

| | MON. | TUES. | WED. | THURS. | FRI. | SAT. | SUN. |
|---|---|---|---|---|---|---|---|
| BREAKFAST | | | | | | | |
| LUNCH | | | | | | | |
| DINNER | | | | | | | |

NOW MAKE A SHOPPING LIST TO GO WITH YOUR WEEKLY MENU.

| MEATS | BREADS AND CEREALS | PRODUCE | CANNED FOODS |
|---|---|---|---|
| | | | |
| | | | |
| | | | |

| DAIRY FOOD | FROZEN FOOD | HERBS AND SPICES | HEALTH AND HOUSEHOLD |
|---|---|---|---|
| | | | |
| | | | |
| | | | |

# Chapter 2

**READ ADS AND SAVE MONEY**

Carol hears her telephone ring. She knows that it is her friend Betty. Carol is rushing. She has to go to the store. Betty likes to talk. Betty talks too much. But sometimes she knows where to find the best buys on food. So Carol decides to answer the phone.

"Hello," Carol says.
"Girl, this is Betty. I hoped I could get you before you got out of the house. Are you going to do some shopping?"
"Yes, I am," Carol says. "I was on my way out the door when the telephone rang."
"Well, while you're at the store, will you get something for me? I can give you the money when you get back."
"OK Betty," Carol says. "What do you want me to buy? I have to hurry so I can get home before my kids get in from school."
"Well, I thought that you could bring me a bag of that sugar that's on sale at Food Mart." Betty says.
"But I'm not going to Food Mart," Carol says. "It's too far away. I don't like to travel that far to shop."
"Where do you plan to shop, then?" Betty wants to know.
"I'm going around the corner to Shopper's Market." Carol answers.
"But the prices are so high there. They never have anything on sale either. In fact they don't have a single special on today."
"How do you know what's on sale at Shopper's Market?" Carol asks.
"Well, I read their ad in the throw-away section of the paper. You know — the little part of the paper you usually throw away. Nothing was on special at Shopper's Market. And most of their meats are much higher than they are at Food Mart," Betty says.
"You always read those little throw-aways, Betty," Carol says. "I just never have time to look at them."
"Well, if you want to save money, maybe you should find the time," Betty says. Then she starts to talk about the other news.
"Betty, I have to hang up," Carol says. "I don't have time to talk to you now. But I am going to take time to save some money. I'm going to read those ads myself, before I go to the store. Then I'll know where to do my shopping."
"OK," Betty says. "Then you will be able to get that sugar for me after all. I'll bring the money over right now."

Circle the letter of the best answer about Carol and Betty:

1. Why was Carol going to shop at Shopper's Market?
   a. to save time
   b. to save money
   c. to use her coupons

2. Why was Betty so sure that Carol should shop at Food Mart?
   a. the store was smaller
   b. she liked the clerk there better
   c. the newspaper ads showed better prices at Food Mart

3. Are you like Carol? Do you shop without reading the newspaper ads for food?
   a. sometimes I shop without reading the newspaper ads
   b. I never read the newspaper ads
   c. I always read the newspaper ads

Here are some tips that will make reading newspaper ads easier. It's worth it to take time and read the newspaper ads. It will save you money.

**THE SHORT-CUT LANGUAGE IN ADS**

When you read food ads in the newspaper you will find lots of short-cut language. These shortened words are called *abbreviations.* Space costs money in newspaper ads, so people who write ads use abbreviations to save space and money. Here are some abbreviations you should know when you read food ads in the newspapers:

**NET WT.** .....this means net weight — it tells how much the food weighs *without* the can or package it is in.

**LB.** .....this means pound — it tells how much the food weighs in pounds.

**OZ.** .....this means ounce — there are 16 ounces in a pound.

**PKG.** .....this means package — a package is the way some food is wrapped.

**EA.** .....this means each.

**CT.** .....this means count — it tells how many are in a package. A 12 CT. PKG. is a package with 12 things in it.

**CTN.** .....this means carton.

**GAL.** ..... this means gallon — things that are liquid like milk or juice come in gallons.

**DZ. or DOZ.**.....this means dozen; there are 12 units in a dozen.

**BTL.**.....this means bottle — things like dish washing soap are sold by the bottle.

¢ .....this means cents.

$ .....this means dollars.

**Now read the newspaper ad on the next page. Answer the questions about the ad by circling the right word.**

**SHORT-CUT SHOPPING**

1. What is being sold by the *pound*?

   Grape juice | Chicken wings | Sweet rolls

2. What is being sold by the *bottle*?

   Soapy Suds Soap | Coffee | Grape Juice

3. What has ten in a *package*?

   Soup | Tomatoes | Sponges

4. What is being sold by the *dozen*?

   Chicken wings | Sweet rolls | Eggs

5. What is the *net wt.* of the mushroom soup?

   8 oz. | 11 pounds | 4 oz.

**BE A BETTER SHOPPER** — *shop and compare*

Smart shoppers *compare*. This means they look at the prices for more than one store. *Compare* the prices at the Fun Foods with the prices at Save More Foods.

**SHOP AND COMPARE**

Circle the name of the right store.

Which store has the lowest price on apples?

Fun Foods Save More

Which store has the best price on eggs?

Fun Foods Save More

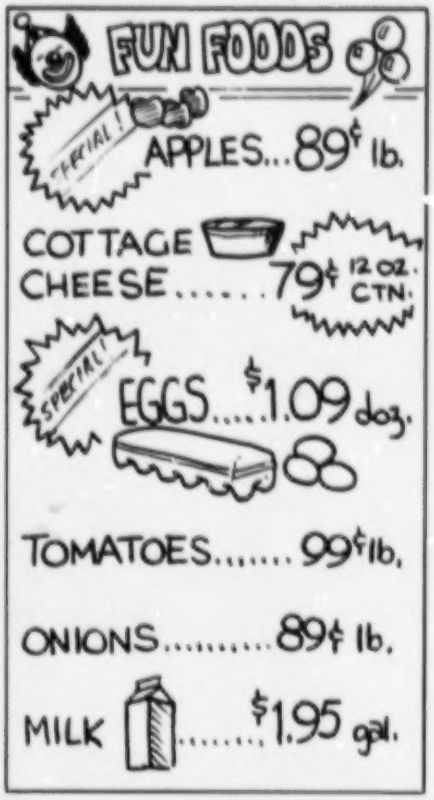
Which store has the best price on cottage cheese?

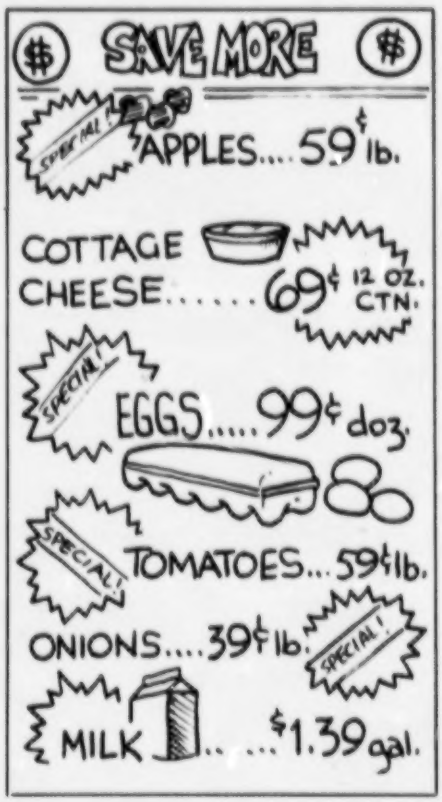
Fun Foods Save More

**Smart Shopper SPECIAL**

Food that is *on sale* or *on special* costs less than it does at other times. It is marked down. All food in newspaper ads is not marked down. Look at the ads. Which store has the most specials?

Fun Foods Save More



**SUPER SHOPPER BONUS BOX**

**UNIT PRICING —**

The price for one unit (whatever the unit is — pounds, gallons, ounces . . .) Unit pricing is a good way to compare prices. If you know the price for one unit you can choose the best buy. Use unit prices to compare when you shop.

Some stores list the unit price for things they sell.

What's the best buy —

Soup A

An 8 oz. can of soup that costs 32 cents

or

Soup B

A 32 oz. can of soup that costs 64 cents

The unit price on soup A is 4¢ for one ounce.
The unit price on soup B is 2¢ for one ounce.

How to find the Unit Price:

Find the size of the product. Soup A is the 8 oz. size. Then find the cost. Soup A is 32¢ for one can. Divide the cost by the size:

| | | |
|---|---|---|
| size $\overline{)\text{cost}}$ | or | cost ÷ size |
| 8 oz. $\overline{)\ 32¢}$ | Unit Price 4¢ for one ounce | 32¢ ÷ 8 oz. = |
| $\begin{array}{r} 4 \\ 8\overline{)\ 32} \end{array}$ | | 32 ÷ 8 = 4 |

Choose the best buy — Soup A or Soup B

# Chapter 3

## LEARNING FROM LABELS

You've made your list and headed for the store. Read all the labels on the things you shop for.

IT'S A LAW

The law says that certain information has to be on the label of food packages.
PRODUCT — something that is made or put together (it may be food).

### Smart Shopper SPECIAL —

**What's on a label?**

The law is the Fair Packaging and Labeling Act of 1966. It says what must be on a label.
This information has to be on the label, by law:

Name of product (this means what the product is).

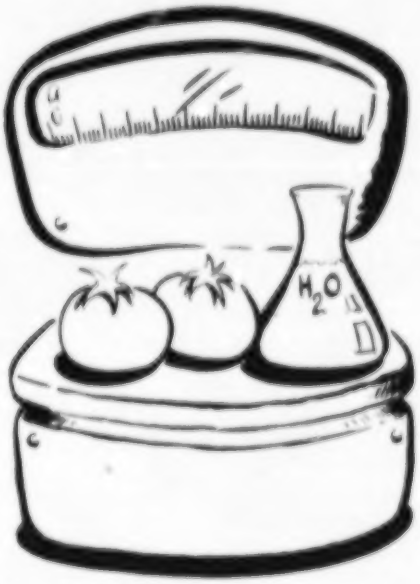
The brand name tells who made or manufactured the product.

Net weight or net contents (how much it weighs without the package)

Name and address of the company that makes the product manufacturer

Distributor — the name and address of the company that ships its product to different stores

The ingredients are also listed on the label. Ingredients are the things in a product. They are listed in order by weight — ingredients that take up the most weight come first.




If a food product claims to be good for you to eat, it must also have Nutrition Information on the label. It must tell you how much of certain vitamins and minerals are found in it *compared* to how much you need to eat in one day. This is the *percent* of U.S. RDA.

**Smart Shopper WORD BOX**

**Can you find each of these words on the label on the next page? Circle them.**

**MANUFACTURER**
**DISTRIBUTOR**
**PACKAGE**
**INGREDIENTS**
**RECOMMENDED DAILY ALLOWANCE**
**PERCENT**
**VITAMIN**
**PROTEIN**
**NUTRITION INFORMATION**
**CARBOHYDRATE**

**LEARN FROM A LABEL**

*Use the label on page 23 to answer these questions:*

Circle the answer

1. What is the brand name of the product?
   Food Mart's Own
   Beans and Franks
   Pork

2. Who makes or manufactures the product?
   Food Mart Soup Co.
   Great Northern Foods

Fill in the blank:

3. What is the heaviest ingredient by weight?

   _____

4. What is the net weight of the product?

   _____

5. Is there nutrition information on the label?

   _____

**ONCE AGAIN . . .**

1. Circle the word that means *things found in a product.*
   a. percent
   b. nutrition
   c. ingredients

2. This information tells *what the food product has in it to keep you healthy.*

   It is the _____ information.
   a. vitamin
   b. percent
   c. nutrition

3. This number helps you *compare.* It is the _____.
   a. allowance
   b. percent
   c. nutrition

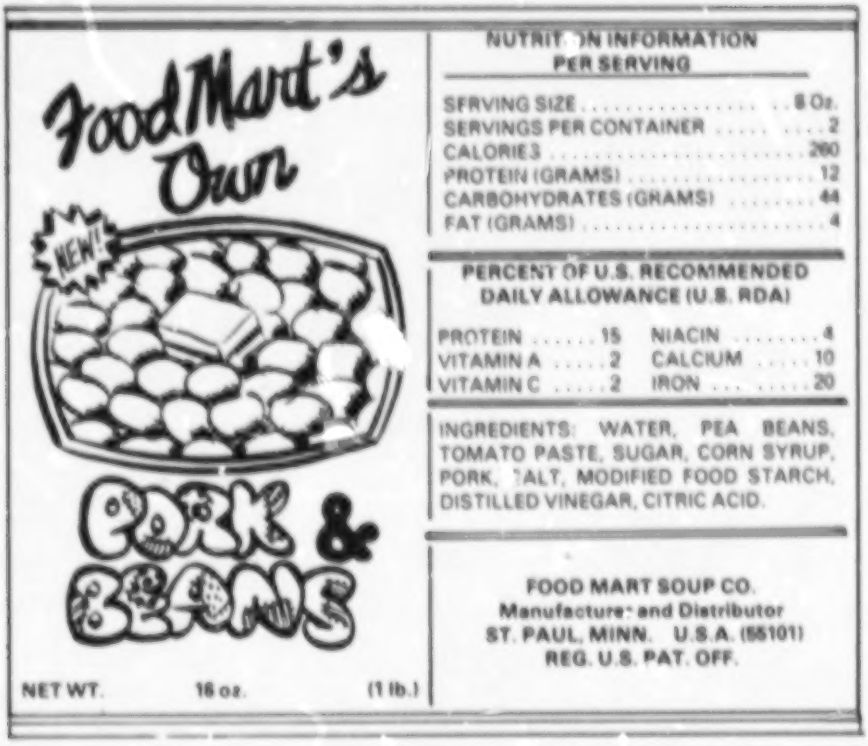
4. This is the abbreviation for *United States Recommended Daily Allowance.* What is it?
   a. FBI
   b. USA
   c. U.S. RDA

5. This is where you will find the *brand name, the nutrition information and the ingredients listed* for a food product.
   a. grocery store
   b. unit price sign
   c. label

*Any food product that claims to be good for you to eat must have NUTRITION INFORMATION on the label.*

## LEARNING FROM LABELS

Read this label from a can of food. Answer the questions that follow.


Food Mart's Own
NEW!
PORK & BEANS
NET WT. 16 oz. (1 lb.)
NUTRITION INFORMATION PER SERVING
SERVING SIZE ..... 8 Oz.
SERVINGS PER CONTAINER ..... 2
CALORIES ..... 260
PROTEIN (GRAMS) ..... 12
CARBOHYDRATES (GRAMS) ..... 44
FAT (GRAMS) ..... 4
PERCENT OF U.S. RECOMMENDED DAILY ALLOWANCE (U.S. RDA)
PROTEIN ..... 15
VITAMIN A ..... 2
VITAMIN C ..... 2
NIACIN ..... 4
CALCIUM ..... 10
IRON ..... 20
INGREDIENTS: WATER, PEA BEANS, TOMATO PASTE, SUGAR, CORN SYRUP, PORK, SALT, MODIFIED FOOD STARCH, DISTILLED VINEGAR, CITRIC ACID.
FOOD MART SOUP CO.
Manufacturer and Distributor
ST. PAUL, MINN. U.S.A. (55101)
REG. U.S. PAT. OFF.

1. Does this can have more beans or more pork by weight? _____
2. How much of the U.S. RDA of iron is in one serving? _____
3. How much food is in this can? _____
4. How many servings are in this can? _____
5. Does this can have more water than tomato paste? _____
6. Is sugar used in this product? _____
7. How many *calories* in a serving of food from this can? _____
8. What percent of the U.S. Recommended Daily Allowance of protein is in one serving of pork and beans from this can? _____
9. What information on this label would be most helpful to you? _____

_____

**WHAT'S IN A NAME?**

*By Any Other Name . . . .*

*Name brands* — these are product names that you know. Sometimes they are names of companies that make the things you buy. Think of why you know the names of some food products. Did you see them on TV? Did you read about them in a magazine? Companies use ads on TV and in magazines. They use ads on the radio and in newspapers. They use ads so you will know their brand names when you see them.

**Smart Shopper TIPS**

Read ads — but save money — buy *store* brands —.

Some stores have their own brand of sugar or canned foods and things like that. Store brands often cost less than name brands. Look for store brands when you shop.

**Some things that you can usually buy store brands of are:**

**CANNED FOODS**
**FROZEN FOODS**
**MILK**
**BUTTER**
**FLOUR**
**SUGAR**

What kind of brands can help you save money?
Write the answer on this line _____.

**PLAIN AND SIMPLE SAVINGS . . . .**

*GENERIC FOODS*

In some places you will find food products that come in plain black and white packages. There are no brand names on the packages. There are no store names on the packages. These are called *generic* products — they come in plain wrappers.

Does this save money? You bet it does. The wrappers are much cheaper. Some generic foods may cost 20% less than name brands!

Generic foods may not be of a high *grade*. This means they may not look or taste as good as other food products. You can cook with generic products. Grade C food must still be as healthy for you to eat as Grade A.

Are there any generic food products in the stores near you? Yes or No _____

Ask the manager about them.

# Chapter 4

## SHOPPING TIPS

**Smart Shopper SPECIAL**

Tip for shoppers: Fresh vegetables and fruits are best *in-season* — this means when they are sold in or near the same months they are grown. You pay extra for fresh fruits and vegetables *out-of-season*. They may not taste as good or be as good for you as they are in-season.

### BUY FRESH FRUITS AND VEGETABLES IN-SEASON

### HERE ARE SOME IN-SEASON MONTHS FOR POPULAR PRODUCE

| JANUARY | FEBRUARY | MARCH | APRIL | MAY | JUNE |
|---|---|---|---|---|---|
| Tangerines | Green Beans | Green Beans | Strawberries | Corn | Peaches |
| Green Beans | Cabbage | Cabbage | Green Beans | Strawberries | Corn |
| Cabbage | Tomatoes | Tomatoes | Cabbage | Green Beans | Strawberries |
| Tomatoes | | | Tomatoes | Cabbage | Cucumbers |
| | | | | | Oranges |
| | | | | | Green Beans |
| | | | | | Cabbage |

| JULY | AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
|---|---|---|---|---|---|
| Peaches | Peaches | Apples | Apples | Apples | Apples |
| Corn | Corn | Peaches | Oranges | Tangerines | Tangerines |
| Strawberries | Cucumbers | Corn | Green Beans | Green Beans | Green Beans |
| Cucumbers | Oranges | Oranges | Cabbage | Cabbage | Cabbage |
| Oranges | Green Beans | Green Beans | | | Oranges |
| Green Beans | Cabbage | Cabbage | | | |
| Cabbage | | | | | |

Which months are best for buying fresh produce? _____

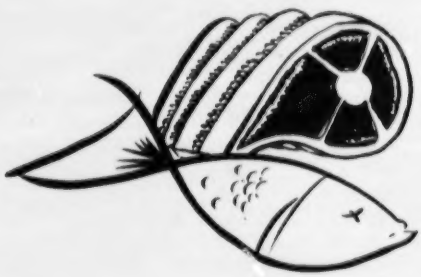
Write them here.

IN SEASON!
IN JUNE I WAS YOUR 'GEORGIA PEACH'... AND IN JULY I WAS YOUR 'STRAWBERRY SHORTCAKE'.. IN SEPTEMBER I WAS THE 'APPLE' OF YOUR EYE. IT'S NOVEMBER... NOW TELL ME WILBERT, WHAT AM I?
MY ACORN SQUASH?

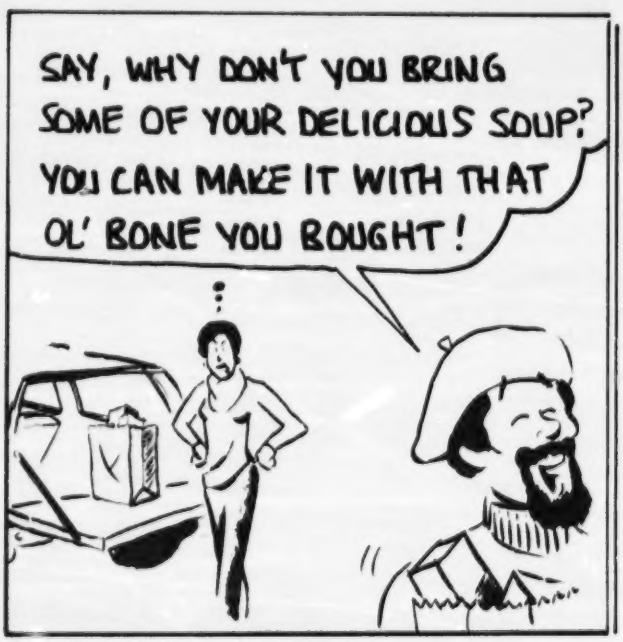
**SOME SMART WAYS TO SAVE:**

**MEATS AND FISH**

This may be the most expensive thing you buy at the store. Learn to know what the *cost per serving* of the meat is. This will help you more than just knowing the *cost per pound.*



WILLIE & WILLETTE
WILLETTE, WHAT ARE YOU DOING WITH THAT BIG BONE IN YOUR ROAST?
I'M GETTING THE BEST BUY, WILLIE. THIS ROAST WILL COST ME A LOT LESS THAN THE ONE YOU'VE GOT, WITHOUT THE BONE!
WELL YEAH YOU MAY BE SAVING A LITTLE LESS... BUT LOOK AT THIS. I'M ONLY PAYING TWENTY CENTS MORE PER POUND AND I'M GETTING MEAT--NOT A BONE. I'LL EVEN HAVE ENOUGH LEFT OVER TO INVITE YOU TO MY PLACE FOR ROAST BEEF DINNER TONIGHT!




**CHECK YES OR NO**

| YES | NO | |
|---|---|---|
| ___ | ___ | I know where to buy day-old bread. |
| ___ | ___ | I buy large sizes of some things to save. |
| ___ | ___ | I shop for meat at the butcher shop and at the grocery store. |
| ___ | ___ | I try to buy healthy snack foods. |

**ADD THIS UP:**

Short ribs cost $1.89 for a two-pound package. (94 cents per pound). There is a lot of bone and fat in that cut of meat. It takes four pounds of shortribs to make dinner for four hungry people.

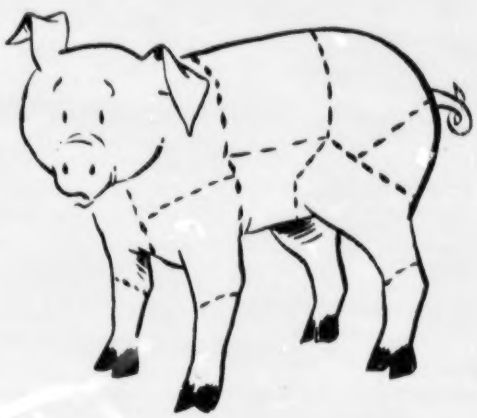
Ground beef cost $2.14 for a two pound package. ($1.07 per pound). One package will make enough hamburgers for four hungry people.

Which will be the best buy for a family of four hungry people? _____

*PRICE PER SERVING MAY BE LOWER THAN THE PRICE PER POUND. KNOW YOUR PRICE PER SERVING FOR MEATS.*

**MAKE YOUR OWN PORK CHOPS!**

Sometimes you can save by buying larger cuts of meat and cutting them up yourself at home. A pork rib roast can be cut into great, thick pork chops at home, and you can save the cost. When you buy meat that is already cut-up, you are paying for the work the butcher does when he cuts it up for you. Learn how to cut your own — and save!



**CLUCK CLUCK—LOW PRICE LUCK**

Whole chickens cost less per pound than cut-up chickens. But if you only eat *part of* the chicken, buying a whole chicken will be a waste.

**MANY TENDER HOURS**

You can buy less expensive cuts of meat — just learn to cook them for a long time.

# Chapter 5

**BEFORE YOU GO TO THE STORE . . .**

Circle the answer:

1. A menu is a plan for _____.
   ads meals coupons

2. WEEKLY MENUS are plans for meals for _____.
   one day one month one week

3. This gives you money off something when you take it to the store. It is a _____.
   shopping list menu ad coupon

---

**YOU SHOULD EAT SOMETHING FROM EACH FOOD GROUP EACH DAY.**

**CAN YOU PUT THESE FOODS IN THE RIGHT GROUP.**

**TUNA APPLESAUCE MILK EGGS RICE OATMEAL**
**CHICKEN BUTTER CHEESE PEARS TOMATOES POTATOES**

| FRUITS AND VEGETABLES | DAIRY | FISH AND MEAT | CEREAL AND BREAD |
|---|---|---|---|
| | | | |
| | | | |
| | | | |

---

**SHOPPER'S QUIZ**

Circle the right word.

1. What tells the name of the company that makes a food product?
   ingredients distributor label

2. These are the things found in a food product.
   They are the _____.
   label information ingredients

3. What tells how much of something you need to eat to stay healthy?
   vitamin product Recommended Daily Allowance

BUT, YOU'LL GET FAR MORE SERVINGS WITH THIS CUT, MRS. WADTIGHT!
AND, I'LL SAVE FAR MORE MONEY 'CAUSE THIS CUT IS CHEAPER BY THE POUND!
WHEN I GROW UP I'M GOING TO LOOK FOR SALES AND CLIP COUPONS JUST LIKE YO
YOU CA THOSE DARLIN
GOLLY, I'M SO SKINNY! MAYBE I'LL EAT ONLY THESE FATTENING FOODS FROM NOW ON, TO GAIN SOME WEIGHT!
BAKERY HOUSE
CAKES
DO-NUTS

Do you remember this scene from the cover? Now that you have completed the workbook, how many bad shopping habits can you find? How many good shopping habits can you find?

FILL IN THE MISSING LETTERS FOR EACH WORD:

(CLUE: A-E-I-O-U — these are the missing letters)

1. This word means the name of the company that makes a product.
   M____N____F____CT____R____R

2. This word means the things found in a product.
   ____NGR____D____ ____NTS

3. This word means a number used to compare.
   P____RC____NT

## SUPER SHOPPER PUZZLE

ACROSS

1. This is where you will find the nutrition information and ingredients for a food product.
2. These are the things that go into making a product.
3. This tells the price of one unit.
4. This is the plan or list of the food to be served at a meal.

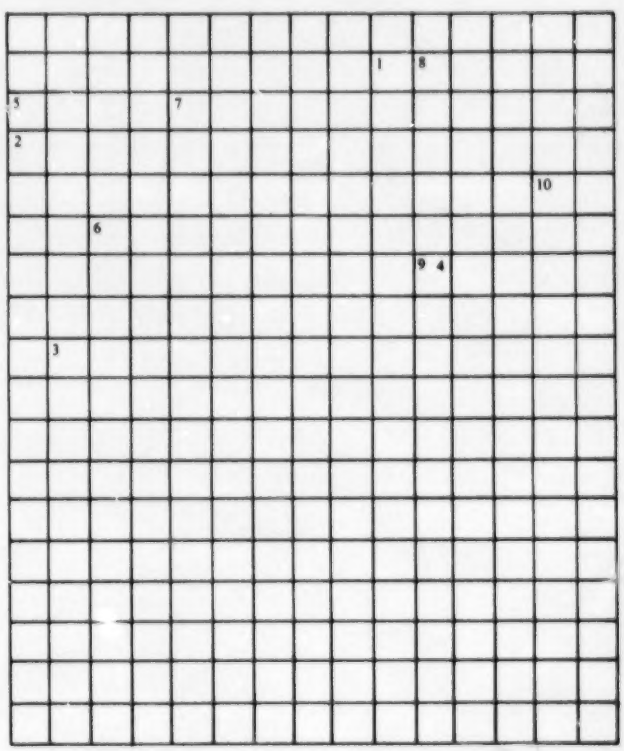
DOWN

5. Make a shopping ____ ____ before you go to the store.
6. Ask for a _____ if the store runs out of something on sale before you get to buy it.
7. The _____ of U.S. RDA tells how much of a vitamin or mineral you get by eating one serving.
8. Read newspaper _____ for specials on food.
9. A person or company that makes a certain product is called the _____ .
10. A _____ gives you money off the price of something you buy at the store.

USE THIS WORD LIST ONLY IF YOU NEED IT:

| | |
|---|---|
| COUPON | RAIN CHECK |
| MANUFACTURER | LIST |
| ADS | PERCENT |
| LABEL | UNIT PRICING |
| MENU | INGREDIENTS |

## SUPER SHOPPER PUZZLE



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